

Get Started Today

Contact your local county human services office to get a list of participating restaurants. For more information on the CalFresh Restaurant Meals Program go to www.snapRMP.org or www.ebtproject.ca.gov/restaurantmeals.aspx.

Participating counties as of 2012*:

Alameda County

Social Services Agency
1-888-999-4772

Los Angeles County

Department of Public Social Services
1-877-597-4777

Sacramento County

Department of Human Assistance
1-916-875-3525

San Diego County

Health and Human Services Agency
2-1-1

San Francisco County

Department of Human Services
1-415-558-1001

San Luis Obispo County

Department of Social Services
1-800-834-3002

Santa Clara County

Social Services Agency
1-877-962-3633

*New counties are joining in and working with restaurants all the time. Please check with your county to see if your county is currently participating.



Will I still receive my monthly CalFresh benefits?

Yes! You will continue to receive your monthly CalFresh benefits as you do now.

What if I'm not currently enrolled in CalFresh?

Call the CalFresh information line at 1-877-847-3663 to see if you might be eligible. You may apply:

- In person at your local county human services office
- In the mail or by fax
- Online at www.calfresh.ca.gov



EDMUND G. BROWN JR., Governor
State of California

Diana S. Dooley, Secretary
Health and Human Services Agency

Will Lightbourne, Director
Department of Social Services

Ron Chapman, Director
Department of Public Health

Funded by USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Social Services and California Department of Public Health.

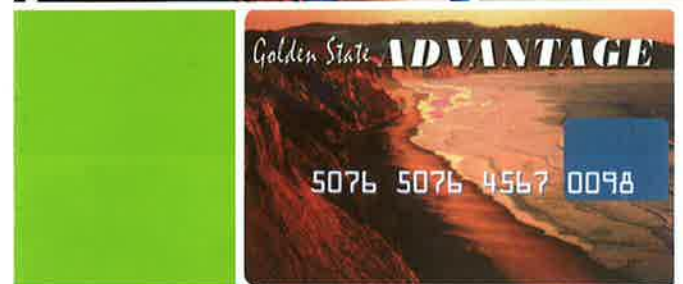
CalFresh provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet.

For information on CalFresh:
www.calfresh.ca.gov
1-877-847-3663

Apply for CalFresh benefits today at:



How to Use Your CalFresh EBT Card at Local Restaurants



CalFresh, formerly known as Food Stamps

Sit Down and Enjoy a Healthy Meal

If you are 60 years of age or older, disabled or homeless, you may be eligible to use your CalFresh benefits to purchase meals at participating restaurants in your county.*

CalFresh EBT cards are now accepted at more local restaurants than ever before. Use your CalFresh EBT card just like a bank ATM card to pay for your next meal quickly and conveniently.

*People who receive Supplemental Security Income/State Supplemental Payment (SSI/SSP) are not eligible for CalFresh.



CalFresh makes healthier meals an option.

- Restaurants that take EBT cards offer lower cost meals for you to choose from.
- Eating healthy can help keep you strong, energized and reduce your risk of developing serious health issues like obesity, heart problems, type 2 diabetes or high blood pressure.



It's easy to use your EBT card at restaurants.

- Ask your CalFresh Eligibility Worker if you can use your EBT card at approved restaurants in your area. If you have access to the internet, go to www.snapRMP.org for a list of restaurants that accept EBT.
- Look for the "EBT Cards Accepted Here" sign in the window.
- Before you order, show your EBT card to the cashier.
- Order your meal.
- Your EBT card will be swiped like an ATM card.

Let "MyPlate" Guide Your Choices for a Healthy Meal



Choose healthy options like baked, grilled or broiled items instead of fried.

Most restaurants have menu items that contain lean meats like baked, grilled or broiled chicken, turkey or fish.

Make half your plate fruits and vegetables. Some restaurants have choices. Choose a vitamin rich side like a salad, fresh fruit or steamed vegetables instead of fries.

Make half your grains whole grains. Ask for whole grain breads or brown rice instead of white. They will help you to feel full and provide your body with nutrients it needs to stay strong.

Cut fat and salt. Use less of extras like sour cream, cheese, mayo, salad dressing, soy sauce and ketchup.

Request that salt not be added to your food. Restaurant food usually contains more salt than your body needs. Too much salt can increase your blood pressure.

Choose milk or water instead of a sugary drink. Too much sugar can lead to high blood sugar and tooth decay.

Look for healthy choices on the menu and low cost specials. New laws require that the nutrition content of meals be available on the menu or menu board. Compare your options.

Practice food safety. Always wash your hands with soap and water before and after eating. Refrigerate leftovers immediately. If you can't refrigerate leftovers within two hours, only take foods that don't spoil.

